

# SWIMMING



## SWIMMING REGISTRATION

HUNTINGTON BEACH RESIDENTS MAY REGISTER FOR SWIM LESSONS BY MAIL! PLEASE REFER TO "REGISTRATION INFORMATION" FOR MAIL-IN INSTRUCTIONS. BE SURE TO INDICATE 2ND AND 3RD CHOICES ON THE REGISTRATION FORM (LOWER LEFT CORNER) - IN THE EVENT THAT YOUR FIRST CHOICE IS UNAVAILABLE. NON-RESIDENTS MAY REGISTER DURING WALK-IN ONLY. FOR MORE INFORMATION PLEASE CALL THE CITY GYM AT 960-8884.

NOTE: REGISTERING FOR THIS SINGLE CLASS DOES NOT AUTOMATICALLY CONTINUE THE STUDENT IN THE NEXT CLASS OR SESSION. ADDITIONAL REGISTRATION IS REQUIRED.

## PARENT & ME:

(Max. 12 students per instructor)  
\$45.00 – per 10 class session  
6 months – 3 years

This class promotes comfort, safety and enjoyment in and around the water. One adult per child is required. Children must wear tight plastic pants or a swim diaper. **No class November 11 and 26.**

CLASS #	DATES	DAY	TIME
CG/8101.401	Sep 14 – Oct 14	MW	10:15 AM
CG/8201.401	Sep 15 – Oct 15	TTh	10:15 AM
CG/8201.402	Sep 15 – Oct 15	TTh	6:15 PM
CG/8301.401	Oct 26 – Nov 30	MW	10:15 AM
CG/8401.401	Oct 27 – Dec 1	TTh	10:15 AM
CG/8401.402	Oct 27 – Dec 1	TTh	6:15 PM
CG/8501.401	Sep 19 – Nov 21	Sa	10:15 AM
CG/8501.402	Sep 19 – Nov 21	Sa	11:00 AM

## TINY TOTS:

(Max. 6 students per instructor)  
\$45.00 – per 10 class session  
3, 4, and 5 years

This class is designed to introduce swimming and water safety skills to children of preschool ages. Students will learn breath control, body position and basic swimming skills. **No class November 11 and 26.**

CLASS #	DATES	DAY	TIME
CG/8101.402	Sep 14 – Oct 14	MW	9:30 AM
CG/8101.403	Sep 14 – Oct 14	MW	11:00 AM
CG/8101.404	Sep 14 – Oct 14	MW	2:00 PM
CG/8101.405	Sep 14 – Oct 14	MW	2:45 PM
CG/8201.403	Sep 15 – Oct 15	TTh	9:30 PM
CG/8201.404	Sep 15 – Oct 15	TTh	11:00 AM
CG/8201.405	Sep 15 – Oct 15	TTh	11:45 AM
CG/8201.406	Sep 15 – Oct 15	TTh	2:00 PM
CG/8201.407	Sep 15 – Oct 15	TTh	2:45 PM
CG/8301.402	Oct 26 – Nov 30	MW	9:30 AM
CG/8301.403	Oct 26 – Nov 30	MW	11:00 AM
CG/8301.404	Oct 26 – Nov 30	MW	2:00 PM
CG/8301.405	Oct 26 – Nov 30	MW	2:45 PM
CG/8401.403	Oct 27 – Dec 1	TTh	9:30 AM
CG/8401.404	Oct 27 – Dec 1	TTh	11:00 AM
CG/8401.405	Oct 27 – Dec 1	TTh	11:45 AM
CG/8401.406	Oct 27 – Dec 1	TTh	2:00 PM
CG/8401.407	Oct 27 – Dec 1	TTh	2:45 PM
CG/8501.403	Sep 19 – Nov 21	Sat	8:00 AM
CG/8501.404	Sep 19 – Nov 21	Sat	8:45 AM
CG/8501.405	Sep 19 – Nov 21	Sat	9:30 AM
CG/8501.406	Sep 19 – Nov 21	Sat	11:45 AM
CG/8501.407	Sep 19 – Nov 21	Sat	1:15 PM

## LEVEL 1: WATER EXPLORATION:

(Max. 8 students per instructor)  
\$45.00 – per 10 class session  
Ages 6 and up

This class is designed to build confidence and develop safety skills in and around the water for a child with little or no prior swimming instruction. Students will learn breath control, body position and basic water adjustment skills. **No class November 11 and 26.**

CLASS #	DATES	DAY	TIME
CG/8101.406	Sep 14 – Oct 14	MW	3:30 PM
CG/8301.406	Oct 26 – Nov 30	MW	3:30 PM
CG/8501.409	Sep 19 – Nov 21	Sat	12:30 PM

# Lap Swim

## Huntington Beach High School Pool

(Main and 17th Street next to the school gymnasium)

**Monday & Wednesday:  
6:00 – 8:00 AM**

**Tuesday & Thursday:  
6:30 – 8:00 PM**

The City of Huntington Beach is excited to offer an opportunity to participate in the most effective, enjoyable exercise known to mankind! Swimming for fitness will revitalize your cardiovascular system while paring inches and pounds from your waistline. If your New Year's resolution is to get in shape then this is the perfect program for you!

**\$3.00 per visit payable at the pool  
or purchase a 20-punch pass at  
the City Gym & Pool for \$50.00**

**For more information  
call the City Gym and  
Pool at 960-8884**

**Registration on page 61**



# SWIMMING

## LEVEL II: PRIMARY SKILLS:

(Max. 10 students per instructor)

\$45 – per 10 class session

Ages 6 and up

Water comfort and safety will be taught in this class. Rhythmic breathing will be introduced along with front and backstroke skills. **No class November 11 and 26.**

CLASS #	DATES	DAY	TIME
CG/8101.408	Sep 14 – Oct 14	MW	4:15 PM
CG/8201.408	Sep 15 – Oct 15	TTh	3:30 PM
CG/8401.408	Oct 27 – Dec 1	TTh	3:30 PM
CG/8501.408	Sep 19 – Nov 21	Sat	12:30 PM
CG/8501.410	Sep 19 – Nov 21	Sat	2:00 PM

## LEVEL III: STROKE READINESS:

(Max. 10 students per instructor)

\$45 – per 10 class session

Ages 6 and up

Must hold Level II certificate or be able to perform front and back crawl stroke. Students are introduced to the elementary backstroke and increase endurance in the front and back crawl strokes. **No class November 11 and 26.**

CLASS #	DATES	DAY	TIME
CG/8201.409	Sep 15 – Oct 15	TTh	4:15 PM
CG/8301.409	Oct 26 – Nov 30	MW	4:15 PM
CG/8401.409	Oct 27 – Dec 1	TTh	4:15 PM
CG/8501.411	Sep 19 – Nov 21	Sat	2:00 PM

## LEVEL IV: STROKE DEVELOPMENT:

(Max. 12 students per instructor)

\$45 – per 10 class session

Ages 6 and up

Must hold Level III certificate or be able to perform the elementary backstroke. Students will be introduced to the sidestroke and breaststroke and improve endurance. **NO class November 26.**

CLASS #	DATES	DAY	TIME
CG/8201.410	Sep 15 – Oct 15	TTh	5:00 PM
CG/8401.410	Oct 27 – Dec 1	TTh	5:00 PM

## ADAPTED SWIM LESSONS

Swim lessons for all special needs children ages 3-22. All abilities and behaviors welcomed! Water temperature averages 90 degrees and experienced staff will guide your students through water movement. Lead instructor has a Masters degree in Special Education and has taught adapted swim for seven years. Parent/student interview required. Interviews will take place on September 8 from 5:30-6:30 PM or September 10 from 5:30 – 6:30 PM.

Instructor: Jans Baltigalvis

Fee: \$100.00 – 5 week session

\*\$175.00 – 10 week session

CG/8302.401	3 – 22 yrs	Sep 15 – Oct 15	TTh	7:00 – 7:45 PM
CG/8302.402	3 – 22 yrs	Sep 15 – Oct 15	TTh	7:45 – 8:30 PM
CG/8302.403	3 – 22 yrs	Oct 20 – Nov 19	TTh	7:00 – 7:45 PM
CG/8302.404	3 – 22 yrs	Oct 20 – Nov 19	TTh	7:45 – 8:30 PM
*CG/8302.405	3 – 22 yrs	Sep 15 – Nov 19	TTh	7:00 – 7:45 PM
*CG/8302.406	3 – 22 yrs	Sep 15 – Nov 19	TTh	7:45 – 8:30 PM

SANDS available online at  
[www.hbsands.org](http://www.hbsands.org)

## EXCEPTIONAL SWIM:

\$18 – per 10 class session

This is designed to allow participants with any disability, whether physical, mental or emotional to enjoy aquatic activities. This is a supervised, non-instructional swim time. **No class November 26.**

CLASS #	DATES	DAY	TIME
CG/8301.411	Sep 15 – Oct 15	TTh	7:00 – 8:00 PM
CG/8401.411	Oct 27 – Dec 1	TTh	7:00 – 8:00 PM

## ADULT LESSONS:

(Max. 10 students per instructor)

\$45 – per 10 class session.

18 years and up

In this class adults will improve swimming skills and learn new skills. **No class November 26.**

CLASS #	DATES	DAY	TIME
CG/8301.412	Sep 15 – Oct 15	TTh	8:00 – 8:45 PM
CG/8401.412	Oct 27 – Dec 1	TTh	8:00 – 8:45 PM

## FREE SWIM LEVEL TESTING

Not sure what level is best for your child? New students and those who haven't had lessons for a while are encouraged to be pre-tested to determine which level is most appropriate before registering for classes. Please call ahead to reserve a spot (960-8884). Pre-testing will be held at the City Gym and Pool, 1600 Palm, at the following times:

Wednesday	Aug 26	6:30 – 7:30 PM
Saturday	Aug 29	2:45 – 4:45 PM

## RECREATIONAL SWIMMING

The City Gym and Pool is open to all ages for recreational swimming.

Fee: \$2

Monday and Wednesday	6:30 – 8:00 PM
Saturday	2:45 – 4:45 PM

## ADULT SWIMMING

The City Gym and Pool is open to adults who wish to swim for fitness swimming.

Fee: \$2

Monday and Wednesday	8:00 – 8:30 PM
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## SENIOR CITIZEN SWIM

The senior citizens have a special afternoon all to themselves at the City Pool. Come and enjoy a heated pool.

Fee: FREE

Friday	3:30 – 5:00 PM
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# Register Early!

See page 61 for information  
on how to register.